

PRESCHOOL PROGRAMS

Spring

Contact Us

Have a program idea?

Let us know and we can work together.

Katherine Salmons

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Alexandra Matthew

Preschool Programs at JdF
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AQUATICS

Swimming Lessons

See page 21

DANCE

Tots in Tights

2-3 Years

Tug up your tights! This intro to dance for the very young, will help develop body awareness and coordination through dance basics and creative movement. This is a parent participation program.

CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR: Jessica Yole

W	9:30-10:00am	May 02-Jun 13	\$45/7	73635
Th	9:45-10:15am	May 03-Jun 14	\$45/7	73637

INSTRUCTOR: TBA

Sa	9:30-10:00am	May 05-Jun 23	\$45/7	73641
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Tots in Tights Level 2

2-3 Years

Have you and your child completed 2 sessions of Tots in Tights? Are you looking for something a little bit different with new moves? Then this is the class for you!

INSTRUCTOR: Jessica Yole

CENTENNIAL CENTRE OAK ROOM

W	11:30-12:00pm	May 02-Jun 13	\$45/7	73647
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Ballet & Jazz Combo

3-5 Years

Can't decide on ballet or jazz? Why not both! This fun, introductory class will help your preschooler develop the poise and posture of a ballerina along with the funky, upbeat style of jazz.

CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR: Jessica Yole

W	10:45-11:30am	May 02-Jun 13	\$56/7	73623
Th	10:15-11:00am	May 03-Jun 14	\$56/7	73625

INSTRUCTOR: TBA

Sa	10:00-10:45am	May 05-Jun 23	\$56/7	73627
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Ballet, Jazz and Crafts

3-5 Years

We will focus on poise, rhythm and imagination. Each day will start with a special craft that will be incorporated into our dancing. Crafts, imagination and dance - What could be more fun?

CENTENNIAL CENTRE OAK ROOM

INSTRUCTOR: Jessica Yole

Th	11:00-12:00pm	May 03-Jun 14	\$73/7	73629
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INSTRUCTOR: TBA

Sa	11:15-12:15pm	May 05-Jun 23	\$73/7	73631
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Ballet & Jazz Combo Level 2

3-5 Years

Has your preschooler completed 2 sessions of Ballet & Jazz Combo classes and looking for something different? Join us for a session of new moves and steps.

INSTRUCTOR: Jessica Yole

CENTENNIAL CENTRE OAK ROOM

Th	9:00-9:45am	May 03-Jun 14	\$56/7	73643
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Boys Only Breakdance

3-5 Years

This fun and energetic beginner class is for boys who express an interest in dance. We will listen to all the latest music, learn cool new hip hop and breakdance moves and meet new friends too.

INSTRUCTOR: Jessica Yole

CENTENNIAL CENTRE OAK ROOM

W	9:00-9:30am	May 02-Jun 13	\$45/7	73649
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Dance Sampler

3-5 Years

How about trying a sample of dances? Have fun being creative through the basics of ballet, jazz, tap, hip hop and creative movement. Help your preschooler build on their imagination and coordination.

INSTRUCTOR: Jessica Yole

CENTENNIAL CENTRE OAK ROOM

W	10:00-10:45am	May 02-Jun 13	\$56/7	73645
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Hip Hop

3-5 Years

Come join a funky dance class filled with the latest dance steps and music. This class is for those with little or no dance background. Prepare to learn and laugh a lot!

INSTRUCTOR: TBA

CENTENNIAL CENTRE OAK ROOM

Sa	9:00-9:30am	May 05-Jun 23	\$45/7	73751
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Sa	10:45-11:15am	May 05-Jun 23	\$45/7	73622
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LEARNING LOTS

Introduction to Preschool

3-5 Years

Bring your child to this rewarding preschool experience. Your child will have a lot of fun each class with music, arts and crafts, drama, gym time, games and lots more.

INSTRUCTOR: Angie Simpson

JDF GLLANGCOLME

M 9:00-11:00am Apr 30-Jun 11 \$90/6 73741

ABC Club

3-5 Years

Learning made fun! A creative program emphasizing the joy of learning through group play, positive social skills and teamwork. Weekly themes will be explored by using letters, numbers, shapes, and colours.

INSTRUCTOR: Angie Simpson

JDF GLLANGCOLME

M 11:15-1:15pm Apr 30-Jun 11 \$90/6 73742

SOCIAL PLAY TIME

Busy Bees

2-3 Years

Preschoolers come run, ride and jump off your energy in this action packed class. We'll play in the gym, and get creative with crafts, songs, and stories. A parent duty day is required.

JDF KIDS COVE

M 9:00-10:30am Apr 30-Jun 18 \$61/7 73743

Inside, Outside, Upside Down

2-4 Years

Crafts and gym time all wrapped into one. There will be 45 minutes of exploring arts and crafts, music, seasonal themes, songs, and story time. This is followed by high energy gym time, running games, and dancing.

JDF KIDS COVE

M 10:45-12:15pm Apr 30-Jun 18 \$61/7 73744

10 MONTH LICENSED PRESCHOOL EXPERIENCE

SEPTEMBER 2012 to JUNE 2013

3 & 4 year old preschoolers and their families are invited to join our dynamic preschool, located at both Juan de Fuca Recreation Centre and Centennial Centre. Led by certified Early Childhood educators, our program is designed to meet the social, emotional, intellectual and physical needs of all children.

3 YEAR OLD PROGRAM

JDF Kids Cottage

September 11 – June 20

Tu/Th 9:00-11:30am \$1596 74389

Tu/Th 12:30-3:00pm \$1596 74390

JDF Playroom

September 11 – June 20

Tu/Th 9:00-11:30am \$1596 75136

COMBINED 3 & 4 YEAR OLD PROGRAM

Centennial Centre Arbutus Room

September 10 – June 21

M/W/F 9:00-11:30am \$2268 74291

JDF Playroom

September 11 – June 20

Tu/Th 12:30-3:00pm \$1596 74388

4 YEAR OLD PROGRAM

JDF Kids Cottage

September 10 – June 21

M/W/F 9:00-11:30am \$2268 74395

M/W/F 12:30-3:00pm \$2268 74392

JDF Playroom

September 10 – June 21

M/W/F 9:00-11:30am \$2268 74396

Centennial Centre Arbutus Room

September 10 – June 21

M/W/F 12:30-3:00pm \$2268 74292

Fees are calculated on \$21 per class.



Our program is based on the philosophy that play is a natural device for learning, through which children learn to solve problems, explore their environment, and relate to the world around them. Preschoolers will also participate in art, storytelling, music, cooking, outdoor play and many other activities designed to prepare for success in kindergarten. Preschoolers have use of the library, Kindergym equipment, ride on toys, outdoor play spaces, and at times may use the ice rink and participate in other offsite fieldtrips.

As a licensed program, West Shore Parks & Recreation's 10 Month Preschool follows the standards outlined by the Child Care Licensing Regulation in BC. Our bright, spacious classrooms contain an excellent selection of developmentally appropriate toys, books, puzzles and art supplies.



Roaring Rascals

2-3 Years

Join us for an action packed morning of fun. Start off in the gym with bouncy balls and activities to enhance coordination, motor skills, flexibility and balance. Then it is back to the classroom to discover crafts, story time, circle time and more. A parent duty day is required.

JDF KIDS COVE

Tu 9:00-10:30am May 01-Jun 19 \$70/8 73834

Messin' & Playin'

2-4 Years

It isn't fun unless you are getting mucky! Use your hands to make a rainbow of creations using finger paints, gluing, glitter, shaving cream and more. We then move to the gym for 30 minutes of Kindergym activities. Parent duty day may be required.

JDF KIDS COVE

Tu 10:45-12:15pm May 01-Jun 19 \$70/8 73836

Action Adventure Club!

2-3 Years

Welcome all Dora and Diego fans. We will be in the classroom for playtime, puzzles, and Dora activities. Don't forget gym time for a 1/2 hour of action packed fun! Returning to the classroom for a craft, snack and Dora & Diego story. Parent participation program.

INSTRUCTOR: Angie Simpson

JDF GLLANGCOLME

W 9:00-11:00am May 02-Jun 13 \$98/7 73844

Wee Play

3-5 Years

A high energy class to enhance preparation for group play with crafts, songs, stories and gym time all wrapped into one. A great way to prepare your child for Kindergarten/

JDF KIDS COVE

W 9:00-10:30am May 02-Jun 20 \$70/8 73841

Doodle Bugs

2-4 Years

Add a splash of colour or a sprinkle of sparkle to any thing you do will make this a fun class for all little bugs! Art work, crafts and lots of doodling to start the class then off to the gym for some active play.

JDF KIDS COVE

W 10:45-12:15pm May 02-Jun 20 \$70/8 73840

Play & Share Time

2-3 Years

This class is about learning to play together, with group activities, story time, sing along songs, and kindergym. This is the first step in your child learning to take direction from someone other than their parent or caregiver. This is not a parent participation class but parents are always welcome!

INSTRUCTOR: Angie Simpson

JDF GLLANGCOLME

Th 9:00-11:00am May 03-Jun 14 \$98/7 73850

Kiddies Combo

2-3 Years

The class begins with a 30 minute gym time, which will provide children with activities to enhance their coordination, motor skills, flexibility, and balance. The remaining portion of the program will provide an opportunity to discover crafts, story time, circle time and more. A parent duty day is required.

JDF KIDS COVE

Th 9:00-10:30am May 03-Jun 21 \$70/8 73851

Puddle Jumpers

2-4 Years

A mucky and mushy morning of fun. Experiment and explore by making mud pies, slime, finger painting, salt dough creations, outdoor adventures, gym time, and more.

JDF KIDS COVE

Th 10:45-12:15pm May 03-Jun 21 \$70/8 73852

NEW Bumblebee Forest

2-4 Years

It's spring time so let's discovery the hidden treasures of our bugs and plants. Using the outdoors as our playground we will create arts and crafts, play games and explore new things.

INSTRUCTOR: Julia Norman

JDF KIDS COVE

F 9:00-10:30am May 04-Jun 22 \$70/8 73856

Toddler's Social

This informal drop-in program provides an excellent opportunity for you and your child to explore music, storytelling, play activities, kindergym equipment, bouncy castle and circle time. Come and have some fun with us and your little one. Pick up our monthly calendar for all the activities and special events.

INSTRUCTOR: Angie Simpson

JDF GALLEON ROOM

1-4 Years

Tu 9:45-11:15am May 01-Jun 19

COST: \$4.40 Child + \$2.30 a sibling
 \$39.60 Book of 10
 \$20.70 Sibling Book of 10

NEW **Magic Carpet Ride**
3-5 Years

Explore the secret side of West Shore. Each class this journey will have some magic, games, stories and your imagination to create adventures.

INSTRUCTOR: Julia Norman

JDF KIDS COVE

F 10:45-12:15pm May 04-Jun 22 \$70/8 73858

SPECIAL DAYS

Happy Mother's Day!

3-5 Years

This class is specially designed for mother and child to spend some quality time together. Your little one will make mom a very special keepsake craft. Snacks will be served along with a take home treat for both mother and child.

JDF KIDS COTTAGE

Su 10:00-11:30am May 13 \$15/1 73855

Fun With Kites

4-5 Years

Fly with us...every child will get to assemble their very own kite, paint it, decorate it, fly it at the park, and take it home to show their family. Your kids will love them and be able to fly them for years to come.

INSTRUCTOR: Lindsay Kemble

JDF KIDS COVE

Sa 9:30-11:00am May 05 \$20/1 73853

Fairy Tea Party

3-5 Years

Pull up a toadstool and explore the mystical world of fairies. Receive a secret fairy name, dress up in beautiful fairy costumes and make magical fairy dust. Enjoy an enchanting fairy tea party at the end of class.

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 9:30-11:00am May 26 \$15/1 73930

Pirate Aboard

3-5 Years

Ahoy Mateys. Go on a great pirate adventure with Captain Hook. Make your own eye patch, pirate hat, and treasure chest. We will even go on a treasure hunt for missing treasure.

INSTRUCTOR: Lindsay Kemble

JDF KIDS COVE

Su 9:30-11:00am Jun 03 \$15/1 73854

NEW **Discovery Den**
3-5 Years

Explore the science of making goop, mixing and making new colors, painting with various mediums and other fun adventures.

INSTRUCTOR: Lindsay Kemble

JDF KIDS COTTAGE

Sa 9:30-11:00am Jun 09 \$15/1 74719

Fantastic Fathers

3-5 Years

Create that unforgettable surprise gift just for Dad, while spending a fun morning together full of crafts, creations and playtime.

CENTENNIAL CENTRE ARBUTUS ROOM

Sa 9:30-11:00am Jun 16 \$15/1 73929

MUSIC

Music Together Triangle Song Collection Birth-5 Years

Come play with music in this mixed-age family program! Support your child's natural music development through adult participation, improvisation, music immersion, and playful activities. \$140 fee includes CD's, songbook and New Family Resource guide. Siblings \$90; Siblings under 9 months old at time of the first class attend FREE.

INSTRUCTOR: Music Together Victoria

CENTENNIAL CENTRE OAK ROOM

M	9:15-10:00am	Apr 16-Jun 25	\$140/10	71491
M	10:15-11:00am	Apr 16-Jun 25	\$140/10	71492
M	11:15am-Noon	Apr 16-Jun 25	\$140/10	71493
Tu	9:15-10:00am	Apr 17-Jun 19	\$140/10	71494
Tu	10:15-11:00am	Apr 17-Jun 19	\$140/10	71495
Tu	11:15am-Noon	Apr 17-Jun 19	\$140/10	71496

Get Ready to Rock:

Baby Rock

6 Months-21/2Years

Come alive with the sounds of music! These programs focus on rhythm instruments such as drums, castanets, maracas, tambourines and bells combined with movement props like puppets, scarves, ribbons and beanbags. Great introduction to the world of music. For information call Pam at PJ Music 474-4455.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Th	9:30-10:00am	May 03-Jun 14	\$64/7	73873
Sa	9:30-10:00am	May 05-Jun 16	\$55/6	73874
Th	9:30-10:00am	Jul 05-Aug 23	\$73/8	73877
Sa	9:30-10:00am	Jul 07-Aug 25	\$64/7	73879

Get Ready to Rock: Tot Rock

2-5 Years

Come alive with the sounds of music! These programs focus on rhythm instruments such as drums, castanets, maracas, tambourines and bells combined with creative movement props like puppets, scarves, ribbons and beanbags. Great introduction to the world of music and a good pre-season and wonder companion with Preschool Piano and Violin. For more information please call Pam at PJ Music 474-4455.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Th	10:00-10:30am	May 03-Jun 14	\$64/7	73880
Sa	10:00-10:30am	May 05-Jun 16	\$55/6	73882
Th	10:00-10:30am	Jul 05-Aug 23	\$73/8	73881
Sa	10:00-10:30am	Jul 07-Aug 25	\$64/7	73883

Music Sampler

2-5 Years

This program introduces the basics (samples) in the piano, ukulele and simple percussion in a fun, group setting. Kids will learn some chords on the piano and ukulele. There will be group activities and play-along CDs. Each week a new instrumental family will be introduced, strings, woodwinds, brass, percussion, keyboard and guitar. Cost of music books is \$10 extra to be paid to the instructor. To arrange instrument purchase and/or rental or for more information please call Pam at PJ Music 474-4455

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Th	10:30-11:00am	May 03-Jun 14	\$84/7	73885
Sa	10:30-11:00am	May 05-Jun 16	\$72/6	73886

Find us Online

 **Facebook**
facebook.com/westshorerecreation

 **Twitter**
@wsrecreation

 **E-Mail**
reception@westshorerecreation.ca

 **Web**
www.westshorerecreation.ca

Preschool Piano

2-5 Years

Make your child's first piano lessons fun. A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by ear and compose their own songs. Parent participation recommended.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Th	11:00-11:30am	May 03-Jun 14	\$84/7	73889
Th	10:30-11:00am	Jul 05-Aug 23	\$96/8	73890
Sa	11:00-11:30am	May 05-Jun 16	\$72/6	73891

Advanced Preschool Piano

2-5 Years

An advanced class to Preschool Piano lessons. This class is for children who have already attended the Preschool Piano lessons and you are looking to further their skills and abilities.

INSTRUCTOR: PJ Music Studio

JDF SPINNAKER ROOM

Sa	11:30-12:00pm	May 05-Jun 16	\$72/6	73899
Sa	11:30-12:00pm	Jul 07-Aug 25	\$84/7	73898

Beginning Violin Toddler

3-5 Years

A highly professional and successful educator takes control of your child's attention developing their creative imaginations through expressing their inner voice with a body of violin and a bow. Detailed work on techniques in a very fun way. Parents will take notes and participate in a creative atmosphere.

INSTRUCTOR: PJ Music Studio

PJ MUSIC STUDIOS

F	2:30-3:00pm	May 04-Jun 15	\$84/7	74463
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Advanced Violin for Toddlers

3-5 Years

This program will build on the skills children learn in the Beginning Violin for Toddlers.

INSTRUCTOR: PJ Music Studio

PJ MUSIC STUDIOS

F	3:00-3:30pm	May 04-Jun 15	\$84/7	74465
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SPORTS

Martial Tots

3-5 Years

This class is designed to provide stranger awareness that includes a variety of Martial arts. Classes are always different giving the opportunity for young ones to experience the variety of Shotokan+Yoshukai karate, kickboxing, MMA, Boxing and Self Defense. Tots are taught with fun + games that assist with building their confidence while learning the respect of others.

INSTRUCTOR: Keri Scarr

JDF FIELDHOUSE

M	11:00-11:30am	May 07-Jun 18	\$45/6	73842
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Monkeynastix

A fun, energizing movement education program developing your child's strength, speed agility & fitness. Each lesson will consist of a warm-up song, followed by stretching & locomotion, then one main activity each week.

INSTRUCTOR: Monkeynastix

JDF SENIORS MULTIPURPOSE ROOM 101

1-2 Years

Su	9:00-9:30am	May 06-Jun 24	\$94/7	73859
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2-3 Years

Su	9:45-10:15am	May 06-Jun 24	\$94/7	73860
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3-5 years

Su	10:30-11:00am	May 06-Jun 24	\$94/7	73861
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T-Ball for Tykes

4 - 6 Years

A fun filled approach to the game of softball. This T - Ball program will teach you basic softball skills such as hitting, catching, fielding and more.

RUTH KING SCHOOL

Sa	10:00-10:45am	Apr 28-Jun 23	\$50/8	74883
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WISHART SCHOOL

Sa	11:15-12:00pm	Apr 28-Jun 23	\$50/8	74882
Sa	12:15-1:00pm	Apr 28-Jun 23	\$50/8	74881



Thrifty's World Cup Soccer

Join World Cup Soccer Coaches for a super introduction to a great game for children, by creating a fun environment, kids will learn without even knowing it!

INSTRUCTOR: Brett Hyslop

JDF DIAMOND 2

3-4 Years

Th	11:15-11:45am	Apr 19-Jun 07	\$49/8	74839
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4-5 Years

W	3:15-3:45pm	Apr 18-Jun 06	\$49/8	74841
Th	11:45-12:30pm	Apr 19-Jun 07	\$54/8	74840

Golf - Little Bogey's S.N.A.G. Classes

4 - 6 Years

This popular program is being offered again in 2012 for Future stars between the ages of 4 - 6. These sessions are filled with fun games and elementary coaching in a safe environment. Our expert coaches, fully certified SNAG instructors use the teaching tools from SNAG Golf. For more information on SNAG visit www.snagcanada.com.

OLYMPIC VIEW GOLF COURSE

Sa	2:00-2:45pm	May 05-May 26	\$65/4	74756
Sa	2:00-2:45pm	Jun 02-Jun 23	\$65/4	74757



To Register Online call reception 250-478-8384 to receive your family Barcode and PIN # See details on page 72.